

Moreover, it is important to recognize the sense of borderless community that those living on the United States and Canadian sides of the border experience on a daily basis. Friends, family, and business associates travel easily, indeed seamlessly, across this invisible border to shop, enjoy theater and restaurants, athletic events, and other recreational opportunities. And, during last year's long struggle over this issue, I learned that many of my southern border colleagues represent districts that have similar experiences and stories about interrelated cross-border communities that otherwise would be injured by section 110.

Mr. Speaker, I believe my bill comprehensively addresses the problematic issues that are found in section 110. It is critical that section 110 as it currently stands be amended in order to avoid unnecessary chaos at both the northern and southern land borders and sea ports and give INS the necessary time to implement in an effective and affordable manner the current automated system at all airports. An automated entry-exit system elsewhere must not be implemented without careful consideration of the many issues involved. The Border Improvement and Immigration Act of 1999 will provide us with the necessary time and information for making a reasoned decision on whether to go forward with such a system.

ON THE "ZZZZZ'S" TO "A'S" ACT

HON. ZOE LOFGREN

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, March 24, 1999

Ms. LOFGREN. Mr. Speaker, I rise to introduce the "Zzzz's to A's Act" and to draw attention to an important issue for high school students across the United States.

Those of us who have teenagers know how tough it is to get them out of bed early in the morning. My 14-year-old and 17-year-old are bright, eager students. But you would never know it when they have to wake up at the crack of dawn. They feel wiped out instead of raring to go.

I knew there had to be an explanation, other than laziness or rebellion. My answer came a year ago, when I read about scientific findings confirming that puberty changes the body's sleep cycle in such a way that makes it difficult—if not impossible—for most teens to fall asleep before 10 p.m. and to awaken early in the morning. Scientists also report that teens need more sleep than they will ever need again in life—at least 8 to 10 hours a night.

It doesn't take a rocket scientist—or a sleep scientist, in this case—to put these two facts together and realize that when high schools start before 8 a.m., kids are in class when they are sleepy. This sleep deprivation has harmful effects on learning abilities. It can lead to academic, behavioral, and psychological problems. Sleep deprivation also puts teens at risk for accidents and injuries, especially when driving.

There's a simple solution: adjust high school hours to be in sync with teenagers' body clocks. As a mother I saw the need for change, and, as a Member of Congress I thought I could help. Today, I am reintroducing legislation to put teens in school during their most alert hours.

My bill, called the "Zzzzz's to A's Act", could do more for improving education and reducing teen crime than many other more expensive initiatives. It encourages school districts to consider pushing back starting times—not shortening the school day. My bill would make it easier for districts to do so by providing a federal grant up to \$25,000 to help cover administrative and operating costs associated with changing hours.

A number of school districts across the country are looking at adjusting their hours, and handful already have. The districts in Minnesota, Arizona, and Kentucky that now start classes later have seen grades improve and student aggression decline.

In addition to boosting academic performance, adjusting school hours helps mitigate the problem of juvenile crime. It keeps teens off the streets during the late afternoon hours when they are most likely to commit or be the victim of crime. FBI data shows that almost half of all violent juvenile crime occurs between 2 p.m., and 8 p.m., when many adolescents are without supervision.

My "Zzzzz's to A's" legislation has been endorsed by the nation's leading sleep researchers and by organizations from the National Sleep Foundation to Kids Safe Education Foundation and Rock the Vote.

Teens are paying a heavy price for following the old adage "Early to bed, early to rise." It's time for high schools to synchronize their clocks with their students' body clocks so the teens can go from "Zzzzzz's" to "A's."

THE 40TH ANNIVERSARY OF THE NORTHSHORE SCHOOL DISTRICT

HON. JAY INSLEE

OF WASHINGTON

IN THE HOUSE OF REPRESENTATIVES

Wednesday, March 24, 1999

Mr. INSLEE. Mr. Speaker, this year the Northshore School districts celebrates its 40th Anniversary. I am honored to commemorate such a wonderful event.

The Northshore School District is responsible for over 20,000 students in King and Snohomish Counties, and is the eighth largest school district in Washington State. It's current board members, Jean Fowler, Tim Barclay, Sue Paro, Kirby Larson, and B.Z. Davis, devote countless hours of selfless service to the most valuable resource in this country—our children. Through their involvement, board members ensure that Northshore students have the knowledge and skills to be successful and productive citizens in the 21st Century.

Thank you, Northshore School District Board, for your commitment to education and congratulations, again, on your 40th Anniversary.

COMMON SENSE APPROACH TO SANCTIONS

HON. PHILIP M. CRANE

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, March 24, 1999

Mr. CRANE. Mr. Speaker, today, I am pleased to join with so many of my colleagues on a bipartisan basis in reintroducing legisla-

tion, the "Enhancement of Trade, Security, and Human Rights through Sanctions Reform Act," intended to establish a common sense procedural framework for consideration of future U.S. unilateral sanctions.

Sanctions reform is necessary because the proliferation of unilateral economic sanctions is causing lasting damage to America's reputation as a reliable supplier in the global marketplace. It is estimated that U.S. sanctions cost \$15 to \$19 billion annually in lost U.S. exports and over 200,000 high-wage U.S. jobs.

Moreover, experience has shown us that unilateral sanctions don't work. A wide variety of leading U.S. foreign policy experts, think tanks, and government studies have concluded that unilateral sanctions are costly and counter-productive, particularly in a global economy, where technology, capital equipment, financing, and farm commodities are freely available from U.S. competitors.

Last year, the Glenn Amendment, which required the President to impose sanctions in response to India and Pakistan's nuclear tests, showed the weakness of relying on unilateral sanctions as an all-purpose foreign policy tool. The threat of sanctions, which were U.S. law prior to the testing, failed to deter India or Pakistan from conducting their tests, but would have cost the United States a major wheat sale if Congress had not intervened last year to grant the President waiver authority.

The legislation I am introducing today seeks responsible reform of the decision making process associated with U.S. unilateral sanctions. The bill's primary goal is to ensure that Congress and the Administration have better information for more informed decision-making on sanctions bills and initiatives.

Before imposing a unilateral sanction, the bill requires Congress and the President to request relevant information and address certain common-sense questions. Among them are the following. Is the proposed unilateral sanction likely to be effective? Is the sanction aimed at a clearly-defined and realistic objective? What are the economic costs for American industry and agriculture? Will the sanction undermine other U.S. security, foreign policy, and humanitarian objectives, such as relations with our key U.S. allies? Have potential alternatives, such as multilateral sanctions or diplomatic initiatives, been tried and failed?

My colleagues and I who are sponsoring this legislation today intend to work quickly to move the legislation through the legislative process. Without the information that this bill would provide us about future sanctions, we risk taking action that is not in our interest and has a very small chance of success. This bill is about establishing effective procedures that will lead to effective results in the way we respond to behavior by nations with which we have concerns. I urge my colleagues to support this important legislation.

TRIBUTE TO BURLINGTON COUNTY FIRST ASSISTANT PROSECUTOR MICHAEL E. RILEY

HON. JIM SAXTON

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

Wednesday, March 24, 1999

Mr. SAXTON. Mr. Speaker, on February 19, 1999, the County of Burlington in New Jersey